

Tewksbury Senior Center

Senior Moments

175 Chandler Street • Tewksbury, MA 01876

P: 978-640-4480 F: 978-640-4483

SEPTEMBER 2016

Volume 09 Issue 9

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A Message from COA Director Ashley Springman...

September is going to be another busy month. Please note the following schedule changes: We will be closed September 5th in observance of Labor Day. Due to the holiday, monthly intake for the consignment shop will take place on Tuesday, September 6th. Cribbage is cancelled on September 7th in preparation for the Primary Elections. Elections take place on September 8th so there will be no activities that day. There will be NO ZINGO on Tuesday, September 13th because the Golden Ages Club (GAC) is holding their annual Installation of Officers Ceremony.

On Friday, September 16th at 10:30AM please join me in Hall B for "Coffee with the Director". There will be coffee and light refreshments served while I give an update on the Center's happenings. As many of you know, I am expecting my first baby in mid-October. At this event I will be outlining what will take place during my absence while I am on maternity leave. All are welcome and volunteers are encouraged to attend.

We have a UMASS Lowell student starting her internship here in September. She will be helping with the salad bar on Wednesdays. She also will be holding discussion groups on Fridays, introducing a new topic each week in the area of nutrition. The first discussion group will take place on September 16th from 10-11:30am.

On Tuesday, September 20th at 10:30am we have registered Dietitian, Leigh Hartwell, of Elder Services of the Merrimack Valley (ESMV) giving a workshop. This is a great opportunity to come learn about sodium and heart healthy eating. There will be time for questions and answers with the nutritionist at the end. We will also be joined by Claire

Whitten of ESMV on Thursday September 15th from 1-2PM. She will be presenting on

Elder Abuse Awareness, highlighting what to look for and how to follow-up on any concerns you may have. Both of these ladies are great resources and we hope to see you there!

Be sure to join us for Comedy Night on Saturday September 17th, from 7-8:30PM. Doors open at 6PM. The Newburyport Brewing Company will be hosting a cash bar at the event. We anticipate a "full house" so be sure to get your tickets now! Tickets are \$15/pp and tables of 10 can be reserved with full payment.



Senior Center Hours:

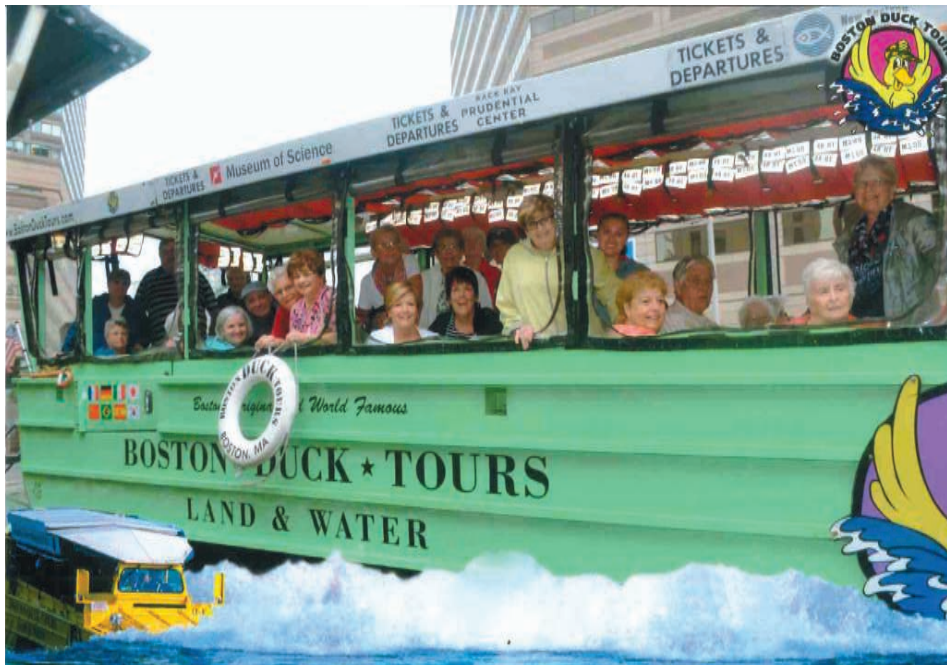
Monday– Friday

8:00AM until 4:00PM

We will also be open for all *scheduled* activities outside regular hours.

My Mission as Your Director– Ashley Springman

To enhance the lives of our Senior Citizens by identifying their needs and developing programs, activities, community involvement and resources to provide them with an independent and enriched quality of life.



Boston's Famous Duck Tour

On July 29th, thirty six of our Seniors filled an entire "Duck"! After the tour they were off to Maggiano's Little Italy Restaurant for an authentic Italian meal, all served family style. There were even left-overs to pack up and take home! Mangia!



SENIOR CENTER BEAUTIFICATION COMMITTEE

Would you like to share your talents and ideas and get involved in keeping the center looking fabulous?

Meeting: Friday September 2nd, Senior Center Conference Rm, 1:00pm

DAY TRIPS and EVENTS

September 15: Newburyport, lunch & shopping on your own. \$17.00/pp. Price includes round trip bus transportation. NOTE: This trip involves some walking on uneven, brick sidewalks.
Thursday

December 1-2: Newport, RI—On this 2-day trip you will travel to Newport, RI to see two mansions decorated for the Holiday Season! We have negotiated a great rate and have passed this value on to you. This trip includes round trip transportation in a luxury motor coach with Wi-Fi and a restroom on-board, driver tip included. Day 1 also includes lunch and dinner. Dinner includes 3 course meal w/nonalcoholic beverage. All tax and tips are included for meals. Entrance to the Breakers and The Elms as well as a tour escort throughout your travel. One night accommodations at the Hampton Suites Inn (includes all taxes and portorage, one piece of luggage p/p), with a hot buffet breakfast included. Day 2 will include some free time to explore Brick Market and the shops at Long Warf. Price p/p \$235 double occupancy \$296 single occupancy.

Comedy Night at the Senior Center on Saturday evening, September 17th. We have enlisted the help of four comedians to get a chuckle out of you! Be sure to join us for an evening of fun, food and laughter. Tickets are available at the Senior Center. The cost is \$15 p/p with light refreshments but you can bring your own snacks too. Full tables can be reserved with full payment. Doors open at 6:00pm with the show starting at 7:00pm. A cash bar will be available to purchase beer and wine (*this is **NOT** a BYOB event*) Ages 18 + are welcome! Don't miss out, tickets are going fast!

MARK YOUR CALENDAR

Friday, November 18: A "Silver Sizzle" Review has it all! It's a mix of song, dance performances and gut busting comedy all performed by an 8 person cast all over the age of 50 plus! \$89 per person includes round trip bus transportation and holiday roast turkey dinner with all the fixings.

Sunday, December 11: Northshore Music Theatre Presents, **A Christmas Carol**. \$70.00 per person includes round trip transportation and show ticket. Show time 2:00pm. Join us for the 26th annual production of a CHRISTMAS CAROL, New England's brightest holiday tradition! This brilliant musical, based on the Charles Dickens classic, is an original adaptation written specifically for North Shore Music Theatre by former Artistic Director, Jon Kimbell. With dazzling special effects that have grown even more exciting over time, traditional and original songs, and colorful costumes, this award-winning production of A CHRISTMAS CAROL has been seen by more than one million people since its debut in 1989. It's a "must see"!

Council on Aging Staff

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Bob MacInnis-Treasurer
Kathy Walsh-Clerk
Joanne Aldrich
Marie Durgan
Linda Layne
Lynn Murphy
Lorene Patch
Joan Unger
Arlene Wright

Answers to last month's Sudoku

4	6	9	3	7	1	5	8	2
3	8	5	4	2	9	6	7	1
1	7	2	5	6	8	9	3	4
2	9	4	6	3	5	8	1	7
8	1	3	7	9	4	2	5	6
6	5	7	8	1	2	3	4	9
5	2	1	9	8	7	4	6	3
9	3	8	1	4	6	7	2	5
7	4	6	2	5	3	1	9	8



Tewksbury Residents
2016/2017 Seasonal Influenza
Vaccine Clinics

Administered by the
Tewksbury Board of Health
***Please bring your Health Insurance**
Card if you have one*
Dress appropriately for receiving a shot

Date: Wed. September 28th, 2016

Time: 10:00-12:00

Location: Tewksbury Senior Center

Date: Monday Oct 3, 2016

Time: 1:00-1:30

Location: Saunders Circle
Community Room**Date: Monday Oct 3, 2016**

Time: 1:45-2:15 a.m.

Location: Delaney Drive
Community Room**Date: Monday Oct 3, 2016**

Time: 2:30-3:00

Location: Villa at Meadowview
100 Corinne Way
Community Room**Date: Monday Oct 3, 2016**

Time: 3:15-3:45

Location: Carnation Drive, Community
Room**Date: Saturday October 15th 2016**

Time: 10:00-12:00

Location: Tewksbury Food Pantry

***Home visits available for**
Homebound Residents Only

Contact the Sarah Kinghorn, Public
Health Nurse to make an
appointment, 978-640-4473.

PARKINSON'S SUPPORT GROUP The Parkinson's Support Group will resume their monthly meetings on Thurs, September 9th at 10:00am. Monthly meetings will continue on the first Thursday of each month. The meetings are held at the Senior Center.

DO NOT IGNORE MEDICARE MAIL!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (October 15-December 7), you will have a chance to CHANGE your plan for next year. SHINE Councilors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

**DO NOT WAIT UNTIL IT'S TOO LATE!**

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. To schedule a Shine appointment, call your local Senior Center. For other SHINE-related matters, call 1-800-243-4636 then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.



The SHINE Program provides information to elders and disabled adults to help them understand Medicare benefits and other health insurance options. Tewksbury residents can make an appointment by calling 978-640-4480.

WEEKLY SCHEDULE

Special events & schedule changes on page 7.

MONDAY	
AM 9:00 Forever Fit 9:30 Men's Yoga 9:30-11– Blood Pressure Clinic provided by Circle Home Health (Except 4th Monday, 11am-1pm) 10:15 Therapeutic Yoga	PM 12:30 45's 12:40 Bone Builders #2 2:00 Bone Builders #1 3:30 Gentle Yoga
TUESDAY	
AM 8:30 Tai Chi 8:45 TOPS Weigh In/ Mtg. 9:30 Wood Carving 9:45 Movin' & Grovin' Exercise 11:30- 4 Piecemakers for Charity 11:30-12:30 Salad Bar	PM 12:30 ZINGO 1:00 Independent Painting 5:00 50's & Fit
WEDNESDAY	
AM 8:15 Bone Builders #3 9:00 Arts & Crafts 9:00 Quilting 9:30 In-house Pool Tournament 9:30 Men's Mind & Muscle 10-12 Town Nurse Office Hours 10:30 Country Line Dance Class 11:30-12:30 Salad Bar	PM 12:30 Cribbage 12:30 Mah Jong 12:40 Bone Builders #2 2:15 Gentle Chair Yoga
THURSDAY	
AM 9:00 Diet Workshop 9:30 Wii Bowling League 9:30 Traditional Line Dance 10:30 Body Works	PM 12:30 Experienced Yoga 12:30 Whist 1:00 Bunka Embroidery 2:00 Bone Builders #1 5:00 50's & Fit
FRIDAY	
AM 8:30 Walking Club 9:30 Bone Builders #3 10:45 ZUMBA Gold	PM 12:30 International Mah Jong

Golden Age Club News*Submitted by Rose McKenna*

On September 13th there will be the Installation of the Golden Age Club (GAC) Board. These positions will be held from June 2016 to June 2018. Congratulations to all of those being re-elected and to those that have been newly elected. All paid members attending the Installation will be invited to the Luncheon that follows. There will be no Bingo on the 13th due to the Installation.

There are only a few people who still owe dues. Renewals would greatly be appreciated as we use these funds to give out our yearly scholarships.

Summer will soon be over, or at least we hope the heat wave that we have had all summer! We will now be starting up our fall programs.

L.C.R. will be resuming on Friday, September 16th at 12:00pm. You will need to bring \$3.00 in quarters. Please bring \$5.00 if you would like the pizza and desert lunch. Remember to bring your own cold beverage. Cold beverages can also be purchased in the vending machine inside the kitchen. Coffee will be served. If you wish purchase the lunch, please sign up on the sheet located on the GAC Bulletin Board. This way we can make sure we order enough for everyone! Mark your calendars for future 2016 L.C.R. dates: Oct 28th, Nov 18th & Dec 16th 12:00pm

**FALL FLORAL ARRANGMENT CLASS**

October 7th & 14th at 10:00am to 12:00pm. Two classes for \$25.00 including all supplies. Materials used; mesh material, ribbon, silk flowers; finished project will be a fall pumpkin to hang. This class is limited to 10 people, so try to sign up early. Call or come into the Senior Center to sign up by September 16th.

**** Prizes for Our Readers ****

Find a mistake in this newsletter and you can win a prize! Enter your name and the mistake you found into the plastic container on Jan's counter and you could win a gift certificate to the Gift Shop. Good luck!

August Winner is Barbara Flanagan

Mistake on Page 4

Treasurers Office should be Treasurer's Office, except should be accept

Congratulations Barbara.

Stop by the office to receive your prize.

Red Hat News*Submitted by Diane Joy*

The *Red Hat Carnation Belles* are back from our Summer Hiatus! I hope everyone had a great summer! It sure was hot, wasn't it?!!!

Yes, it is that time again: dues are due! It is still \$5.00 per year. Please bring your payment with you to our first meeting.

UPCOMING MEETING DATES:

Wednesday, September 21st Buffalo Bingo! 6 pm to 9 pm. Please bring \$3.00 in nickels with you. Light refreshments will be available.

Wednesday, October 19th Halloween Party! 6 pm to 9 pm. Dress up in your best costume! (especially since I am one of the judges!)

NOVEMBER: We would like to do something different in November. Different day, different time, different place! Look out ladies, we are changing it up!

Here goes . . .

MONDAY, November 14th, Red Hat Brunch. 11 am at Cracker Barrel in Tewksbury! You are on your own for transportation (no bus provided). Individual checks for each order. Please wear your **Purple** and **Red!** We will have our 50/50 raffle and, possibly, even door prizes!

DECEMBER:

Wednesday, December 7th Red Hat Christmas Dinner. 6 pm to 9 pm. The Village Inn will be catering. (yum, yum)

See you on September 21st.

Please contact the Queen Mother or any Board Member if you know of a Red Hat Sister that may be ill, or has undergone surgery, etc. A card can be sent with all of The Red Hat Carnation Belles' best wishes in it!



We wish to extend our thanks to Circle Home Health Care for providing us with free blood pressure checks on Mondays. Thank you for providing our seniors with this valuable service.

A special thank you to the **Executive Office of Elder Affairs** for supporting our newsletter!

Friends of the Elderly, Inc.*Submitted by Linda Brabant*

This month's Friends of the Elderly casino trip will be held on Wednesday, September 7th. The price is \$35/ person. If there are 50 passengers traveling, a \$5 refund will be given on the bus the day of the trip. There may still be some space available on this trip. October's casino trip will be to the Mohegan Sun on Thursday, October 6th. Tickets will go on sale October 12th.

A Friends activities meeting will soon be scheduled. Please check the postings on the easel in front of the Friends'/Consignment office for the date. The Friends Breakfast Benefit dates will also be posted on the easel.

The Friends will hold a Giant Yard Sale at the Senior Center on Saturday, September 24th from 9:00 am to 2:00 pm. Table space is available to the public at \$15 per table or \$25 for 2 tables. Reservations are now being taken in the mornings on Tuesdays, Wednesdays and Thursdays. Our Yard Sales are usually very well attended and feature 30 treasure tables, luncheon specials and a yummy bake table. It is held rain or shine and admission is free. For more information, one may call Linda at 978-851-4243.

Other Friends events up-coming in the Fall are: a Halloween Dance on Friday, October 28th; a Cribbage Tournament on Saturday, October 22nd; a Christmas Dinner on Friday, December 5th; and, a New Years Eve Dinner/ Dance on Saturday, December 31st.

It's hard to believe that our summer is coming to an end. Hopefully, everyone had a good one and is now ready to welcome a cool and colorful Fall Season.

God Bless America!

DJ Jon Mansfield is at the Senior Center on the last Monday of every month for a **daytime dance**. Sign-up by Wednesday of the week before and lunch will be included in the \$5 ticket cost. Tickets are also available at the door.



Thank you **Peregrine's Landing of Tewksbury** for preparing such a delicious meal for this event each month!

SEPTEMBER 2016- SCHEDULE CHANGES & SPECIAL EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This menu also applies to Meals on Wheels \$2 Donation Requested			1 Baked Chicken Gravy Mashed Potatoes Carrot & Turnip Natural Grain Bread Diet Jell-O	2 Vegetarian Chili Rice pilaf Zucchini & S. Squash Cornbread Cantaloupe
5 HAPPY LABOR DAY No meals served	6 LS Hot Dog Pork Baked Beans Chef's Choice Veg Hot Dog Roll Mandarin Oranges Ketchup, Mustard, Relish	7 SPECIAL: Chicken Mirabella Brown Rice Steamed Baby Carrots Watermelon White Bread	8 Beef Stew with vegetables Steamed Potatoes Cauliflower Biscuit Pudding/Dt Pudding	9 Macaroni & Cheese w/Crumb Topping Steamed Spinach Honey Wheat Roll Mixed fruit
12 Swedish Meatballs Egg Noodles Broccoli WW Dinner Roll Jell-O	13 Chicken Parmesan Parmesan Cheese Pasta Capri Blend Oatmeal Bread Mixed Fruit	14 Oriental Pork Loin Soy & Ginger Sauce White Rice Asian Blend Vegetables White Bread Diced Pineapple	15 Birthday Greek Pasta Salad Marinated Veggie Salad Dinner Roll Birthday Cake/Angel Food	16 Closed for ESMV Staff Appreciation No Meals Served
19 Chicken Drumstick Mashed Sweet Potato Peas Dinner Roll Yogurt	20 Baked Salmon Dill Sauce Vegetable Rice Pilaf Brussels Sprouts WG Bread Cookie	21 Chicken Broccoli Alfredo Pasta Summer Squash Oatmeal Bread Peaches	22 Hamburger W/Cheese on the Side Potato Wedges Mixed Veggies Hamburger Roll Mandarin Oranges Ketchup and Mustard	23 Mini Ravioli w/ Marinara Sauce Parmesan Cheese Zucchini Italian Scala Bread Fresh Fruit (Honeydew)
26 Sliced Pork Gravy Mashed Potatoes Chef's Choice Veg Oatmeal Bread Applesauce	27 Chicken Caesar Salad Caesar Dressing Pasta Salad Beet Salad Twisted Bread Stick Mixed Fruit	28 Meatloaf Gravy Roasted Sweet Potatoes Green Beans WW Dinner Roll Fruit Loaf/Lemon Dinosaurs	29 Frittata (tomato and onion) with cheese Potatoes O'Brien Corn Italian Bread Pudding/Diet Pudding	30 Breaded Fish Roasted Butternut Squash Vegetable Couscous NG Bread Fresh Fruit (Orange)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3

TRANSPORTATION: You should call the Senior Center to schedule a ride for:

- **In-Town** Errands and Medical Appointments
- **A Ride to Wilmington**— Medical Appointments Only
- **Long-Distance** Medical Appointments, such as Boston & Burlington (Provided with the help of the Dracut COA— additional fees may apply)
- Our Friday Morning Trip to Market Basket (occurring weekly)

LET US PLACE YOUR AD HERE.

Wi-Fi AT THE SENIOR CENTER

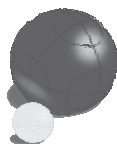
The network name is: TSC
The password is: lamnot100

"I will NOT forget... I will
NOT forget... "*next day*
"So... did you bring it?"
"Ohhhhh, I forgot!"



Bocce Court is ready to go!

Now that the weather is cooling down a bit, it's the perfect time to hit the Bocce Court here at the Senior Center. Stop by the office to pick up the Bocce Balls and venture outside to enjoy!



Sudoku

The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

8				6		3	9	7
9	1		2					
			4					
		7	9					
		4					2	5
2			6	7				
			9	1				
4							3	
						6	1	

WORD SEARCH

TYPES OF MUSIC



Find and circle all of the different types of music that are hidden in the grid. The remaining 14 letters spell an additional type of music.

R	J	S	A	M	T	S	I	R	H	C	L	A	R	O	H	C
H	A	K	L	O	P	D	N	A	B	G	I	B	H	C	A	Y
T	Z	C	T	H	N	E	W	W	A	V	E	M	I	I	B	W
E	Z	O	A	V	A	N	T	G	A	R	D	E	P	T	M	A
R	A	R	M	E	R	E	N	G	U	E	A	N	H	S	A	L
A	C	C	I	L	E	D	E	H	C	Y	S	P	O	U	S	T
B	A	I	I	D	A	I	A	B	N	G	P	Y	P	O	H	Z
A	P	S	B	N	D	T	R	C	A	A	L	U	O	C	E	T
C	E	S	S	N	O	O	I	N	I	L	I	C	N	A	A	A
T	L	A	I	A	A	R	G	N	I	D	N	D	N	K	V	N
N	L	L	L	D	R	S	T	B	M	E	R	A	N	G	Y	G
E	A	C	W	O	T	G	A	C	M	U	C	O	O	I	M	O
I	C	A	S	A	U	K	E	A	E	I	S	T	C	K	E	C
B	Y	N	R	O	C	N	L	U	X	L	H	I	L	K	T	S
M	L	A	A	O	U	F	G	E	L	I	E	O	C	U	A	I
A	P	E	R	D	S	L	M	E	C	B	F	W	O	R	L	D

ACAPPELLA	DANCE	MERENGUE
ACID ROCK	DISCO	MEXICAN
ACOUSTIC	ELECTRONICA	NE WAVE
AMBIENT	FLAMENCO	POLKA
AVANT-GARDE	FOLK	PSYCHEDELIC
BIG BAND	GANGSTA RAP	ROCKABILLY
BLUEGRASS	GOTHIC	SAMBA
BROADWAY	HEAVY METAL	SOUL
CABARET	HIP HOP	TANGO
CHORAL	INDIAN	WALTZ
CHRISTMAS	INDIE	WORLD

Salad Bar - Tuesdays & Wednesdays—11:30am to 12:30pm right here at the Senior Center, you can enjoy a lunch time salad bar. This is a fresh and healthy lunch option at a very affordable price; for seniors- salad \$2/\$4 and a 12oz soup \$2. Thank you to all of the wonderful volunteers who make it happen every week. If you would like to help with the salad bar, please see Ashley or Jan. There are volunteer opportunities on Mondays, Tuesdays and Wednesdays.



Quick Checklist for Caregivers*Nicole Hutcheon, Outreach*

1. Notice signs a senior needs help. Obvious signs include past due notices and hot stoves left unattended.
2. Make sure the senior has a Power of Attorney to handle important matters when necessary.
3. Remind the senior to protect his or her Social Security number to guard against identity theft.
4. Shred important documents.
5. Accompany the senior to doctors' appointments and take notes on treatments and medications. Maintain a current list of all health care professionals treating the senior and all the medications the senior uses.
6. Help the senior use local agencies that provide special services that enhance the quality of life.

Caregiver Support Group**Facilitated by Nicole Hutcheon****Date: 1st Tuesday of every Month
(Starting in September)****Time: 9:30am-10:30am**

Are you looking for a place where you can feel understood and supported as you share your stresses, challenges and rewards of providing care for a loved one?

The Tewksbury Public Library*Submitted by Robert Hayes*

The Tewksbury Public Library is offering many free entertaining, educational and enriching programs for adults this September. Here are some daytime programs that may be of interest.

On Monday, September 12 at 10:30am, enjoy a free one-hour concert with Scott Oullette. Oullette has been performing classical/solo guitar music for over 30 years, performing various genres including classical and jazz. He is a graduate of the Berklee College of Music.

On Monday, September 19 at 10:30am, enjoy a free film screening of *Love & Friendship*, a romantic drama starring Kate Beckinsale, based on Jane Austen's novella, *Lady Susan*. Lady Susan Vernon takes up temporary residence at her in-laws' estate, and while there, is determined to be a matchmaker for her daughter Frederica and herself. Rated PG.

On Monday, September 26 at 10:30am, enjoy a free one-hour concert with Pia Salvia. Salvia is a harpist and singer who made it to the top 20 as a contestant on the French version of *The Voice*. She has performed all over the world, most recently at the International Harp Festival in Colombia. She is currently a student at the Berklee College of Music.

On Friday, September 16 at 10:30am, enjoy a free film screening of *Me Before You*, a romance starring Emilia Clark and Sam Claflin, based on the Jojo Moyes best-selling novel by the same name. A girl in a small town forms an unlikely bond with a recently-paralyzed man she's taking care of. Rated PG-13.

On Friday, September 23 at 10:30am, enjoy a free film screening of *Money Monster*, a drama starring George Clooney and Julia Roberts. Financial TV host Lee Gates and his producer Patty are put in an extreme situation when an irate investor takes over their studio. Rated R.

On Friday, September 30 at 10:30am, enjoy a screening of *Free State of Jones*, a historical action drama starring Matthew McConaughey. A disillusioned Confederate army deserter returns to Mississippi and leads a militia of fellow deserters, runaway slaves, and women in an uprising against the corrupt local Confederate government. Rated R.

Due to limited space, the library asks that individuals reserve their spots for these programs by calling 978-640-4490 x 205, emailing rhayes@tewksburypl.org, or registering on the library's online calendar of events at www.tewksburypl.org.



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Walter J. Deputat - founder

Dennis W. Graham



For ad info. call 1-800-477-4574 • www.4lp.com

Tewksbury Senior Center, Tewksbury, MA 06-5182

Tewksbury Senior Center
175 Chandler Street
Tewksbury, MA 01876



Important Telephone Numbers for Seniors:

Ambulance	911
Alzheimer's Association	1-800-548-2111
American Cancer Society	1-800-227-2345
American Diabetes Association	1-899-342-2383
Community Teamwork	978-459-0551
Elder Abuse Hotline	1-800-922-2275
MA Office of Elder Affairs	1-800-882-2003
Medicare	1-800-633-4227
MCPHS Pharmacy Outreach	1-866-633-1617
Social Security	1-800-772-1213
Tewksbury Fire Department	978-640-4411
Tewksbury Food Pantry	978-858-2273
Tewksbury Police Department	978-640-4385

Elder Service of the Merrimack Valley
1-800-892-0890

Senator Barbara L'Italien

State House Room 413-C\
 Boston, MA 02133
 Phone: 617-722-1612
 Email: Barbara.L'Italien@masenate.gov

Representative James R. Miceli

State House Room 237
 Boston, MA 02133
 Phone: 617-722-2305
 Email: James.Miceli@mahouse.gov

Representative James J. Lyons, Jr.

State House Room 443
 Boston, MA 02133
 Phone: 617-722-2460
 Email: James.Lyons@mahouse.gov

We would like to acknowledge those who have experienced an injury, illness, hardship or loss. If you know of anyone who should receive a card, email Kathy at kwbraelyn@verizon.net or call Jan at the Senior Center 978-640-4480.



IT'S IMPORTANT TO KEEP IN TOUCH!

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